

# North Dakota Tobacco **QUITLINE**

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- ◆ The North Dakota Tobacco Quitline is a FREE, new service available to help North Dakota smokers and spit-tobacco users quit using tobacco.
- ◆ North Dakota residents can call the toll-free number, **1.866.388.QUIT** (1.866.388.7848), to discuss quitting with a professionally trained counselor.
- ◆ Hours for the North Dakota Tobacco Quitline are:
  - Monday-Thursday: 7 a.m. - 8 p.m.
  - Friday: 7 a.m. - 7 p.m.
  - Saturday: 10 a.m. - 4 p.m.

During other hours, callers will be able to leave a message and counselors will return their call during open hours.



- ◆ Counselors will help callers establish a “quit plan” and guide them through the quitting process with follow-up phone calls.
- ◆ Family members of tobacco users may call for support and information. The Quitline is also a resource for health-care professionals, including physicians, nurses, dentists and counselors.
- ◆ The vendors providing the service for the North Dakota Tobacco Quitline are the University of North Dakota’s Department of Community Medicine and the Mayo Clinic Tobacco Quitline.
- ◆ Health-care provider education and training on how to counsel patients to quit using tobacco and educational materials for health-care professionals to share with their patients, such as posters for waiting rooms, brochures, prescription pads and pocket cards will be available soon.

## ***YOU CAN QUIT. WE CAN HELP.***